

# FORGING THE FUTURE:



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## Friday FACTS

16 January 2003

"Leadership, Partnership, and Championship"

### NEHC Workshop Online Registration Now Available!

On-line Registration to attend the 43rd Navy Occupational Health & Preventive Medicine Workshop, 18-26 March 2004 at the Chesapeake Conference Center in Chesapeake, VA. is now available for those wanting to pre-register to attend the Workshop. On-site registration will also be available at the Workshop. Go to the NEHC Workshop 2004 Online Registration website (<http://www-nehc.med.navy.mil/Workshop04/home.htm>), click on General Registration and then Find a Course. You can then view courses by selecting by Course/Session Title, Date, Speaker, or Specialty. Clicking on Specialty and then Health Promotion will allow you to view all sessions and courses being offered for the Health Promotion Track at the Workshop. To view all sessions and courses being offered for all Specialties by date, click on Day at a Glance on the left side of the Workshop 2004 website.



Having trouble Logging in? Forgot your Password? Click on Forgot my password. It will then ask you to enter your SSN. Enter your SSN and a screen will come up showing your User Name and Password.

### NEHC Command Excellence in Health Promotion Awards



Thank you to all commands that submitted an award package for the Year 2003 NEHC Command Excellence in Health Promotion Awards. Award recipients will be announced at the Opening Session of the Navy 43rd Occupational Health & Preventive Medicine Workshop on Monday, 22 March 2004. Be there to share the excitement and recognize those who have successfully implemented a local command Health Promotion Program.

### Navy Health Promotion Director Training Course Dates and Location Set for May 2004



Mark your calendars! The next Navy Health Promotion Director Training Course will be held Tuesday through Friday, 4-7 May 2004 at Snug Harbor Officers Club, Little Creek Amphibious Base, Virginia Beach, VA.

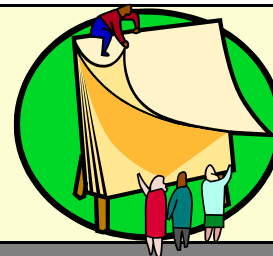
This process-oriented course is designed for individuals (E-7 and above, GS-9 or NF-04 and above) who have been assigned as Navy Health Promotion or Semper Fit Program Directors/Coordinators for their local commands. The course includes information and skills training for planning, implementing, and evaluating an effective command Health Promotion/Semper Fit Program. Watch for the official Navy message announcing the course and the procedure to request a Quota to attend, to be released within the next two weeks.

### I THOUGHT SO

"Nothing is either good or bad, but thinking makes it so." It is not the event itself that causes stress, but the way it is perceived that produces the anxiety.

### NEHC Workshop Poster Session - A Great Way to Share Your Work!

If you are at a local command and wanting to share your Health Promotion Program successes, the NEHC Workshop Poster Session is a great way to do that. The deadline for Poster Abstract submissions is 6 February. All the details for poster submissions is on the NEHC Workshop 2004 website at <http://www-nehc.med.navy.mil>



"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense." — Ralph Waldo Emerson